

Oak Park Senior Center
Oak Park Senior Center · 730 E. Fulton · 937-7777

****Program Schedule****

Hours of operation: M-TH 8am - 5 pm, and Fridays 8am - 4 pm

Mondays:	8:00 - 9:00	Tai Chi with Bing Hui (Activity Rm)
	8:30 - 9:15	Tone 'N' Stretch
	9:15 - 10:30	Mix It Up Aerobics
	9:15 - 12:30	Painting (Activity Rm)
	12:00 - 4:00	Pinochle
	1:00 - 4:00	Mah Jongg (Activity Rm)
Tuesdays:	8:00 - 9:00	Tai Chi with Bing Hui ***
	9:00 - 10:00	Qigong (Social Hall)
	10:00 - 12:00	Line Dance
	11:30-12:30	Mobile Farmer's Market (1s Tuesday)
	12:00 -1:00	Tap Dance Lessons ***
	11:00 - 3:00	Pinochle (Activity Rm)
	2:30 p.m.	Wii Bowling & Ping Pong
Wednesdays:	8:30-9:15	Tone 'N' Stretch
	9:00-10:30	TOPS Weigh-in & Meeting (Activity Rm)
	9:00 - 11:00	Jewelry Workshop (Act. Rm) not 1st Wed of each month
	9:30-12:45	Contract Bridge
	11:00 - 3:00	Duplicate Bridge
	12:00 - 4:00	Cards (Activity Room)
	4:00 - 5:00	Zen Meditation/ Stress Mgmt (Activity Rm)
Thursdays:	8:30-9:15	Tone 'N' Stretch
	9:00-10:30	"Spin a Yarn" Knitting & Crochet
	9:15-10:30	Mix it Up Aerobics
	10:30-11:45	Ballroom Dance Advance Class (Activity Rm)
	10:30 - 11:30	Line Dance
	11:45-12:45	Ballroom Dance Lessons
	12:00 - 4:00	Pinochle (Activity Rm)
	1:00 - 3:00	Tea Dance
Fridays:	8:00- 9:00	Tai Chi with Bing Hui ***
	9:00 - 1:00	Cards (Activity Rm)
	9:30 - 10:30	Members' Council Mtg (3rd Friday)
	12:00 - 4:00	Contract Bridge (Activity Rm)
	1:00 p.m.	Movie Fridays not 3rd Fri of each month

***Additional class fee apply

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